

ENERGIZING PROTEIN PANCAKES

Prep Time: 5 min | **Cook Time:** 10 min | **Servings:** 2 | **Difficulty:** Easy | **Diet:** Vegetarian/Gluten-Free



Ingredients

- 100 ml Egg whites
- 100 ml Plant-based yogurt (soy, coconut, or almond)
- 80 g Rice flour
- 1 Apple, grated (keep the peel if organic)
- ½ Packet Gluten-free baking powder
- 1 handful Dark chocolate chips (optional)

To serve

- Maple syrup
- 100% fruit jam
- Nut butter (almond, peanut, hazelnut, etc.)
- Fresh seasonal fruit

How to make step by step

1 - Mix the wet ingredients

- In a bowl, whisk together the egg whites and plant-based yogurt until smooth

2 - Add the dry ingredients

- Add the rice flour and baking powder, stirring well to remove any lumps

3 - Incorporate the extras

- Fold in the grated apple and dark chocolate chips

4 - Prepare the pan

- Heat a non-stick pan and lightly grease it with a touch of coconut oil

5 - Cook the pancakes

- Pour about two tablespoons of batter for each pancake
- Cook over medium heat until small bubbles form on the surface
- Flip and cook the other side until golden

6 - Serve and enjoy

- Serve warm with your favorite toppings — maple syrup, fruit compote, or nut butter.

👉 Video recipe: <https://www.youtube.com/shorts/NR0IrT90yQo>

💡 Tips & Variations

✓ **Protein boost:** add 1 tablespoon of almond flour, it adds extra protein and keeps you full longer, perfect for a post-workout breakfast or active morning.

✓ **Fruity & fresh:** replace the grated apple with mashed banana or pear for a softer, sweeter texture or add blueberries directly to the batter for juicy bursts of flavor and antioxidants.

✓ **Mediterranean upgrade:** top your pancakes with Greek yogurt, a drizzle of honey, and chopped nuts (like walnuts or hazelnuts) to bring balance and texture.